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U. S. DEPARTMENT OF LABOR

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CHILDREN'S BUREAU

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AVERAGE HEIGHTS AND WEIGHTS
OF CHILDREN UNDER SIX YEARS
OF AGE

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AVERAGE HEIGHTS AND WEIGHTS OF CHILDREN UNDER SIX YEARS OF AGE.

During Children's Year, the second year of the participation of the United States in the World War, the Children's Bureau conducted a series of campaigns designed to focus public attention upon the welfare of children. Among these campaigns was the "weighing and measuring test." During the period devoted to this test great numbers of children—for the most part under 6 years of age—in all parts of the United States, were weighed and measured. Record blanks were furnished by the bureau, and when the children were brought for examination entries were made of height, weight, age, sex, and race, besides particulars of country of birth of father and mother, and physical condition of the child.

As a result of this campaign the bureau received over 2,000,000 records, and was thus in possession of a larger mass of anthropometric material relating to children of these ages than was ever before available. Consultations were held with anthropologists, statisticians, and pediatricists, and plans of tabulation were prepared in accordance with recommendations made by the authorities consulted.

A careful selection was made of approximately one-twelfth of the cards which had been received. The basis of selection was fourfold: (1) The record card must have been signed by a physician; (2) no serious defects should have been noted; (3) the child must have been weighed and measured without clothing, as verified by the physician signing the card; and (4) all essential items must have been answered.

On the basis of these selected records, tables have been made showing average weights and heights for children of different ages and average weights for children of different heights. They are based upon measurements of 167,024 white children.

The children included in the tabulation were 70 per cent of native parentage; 6 per cent with one parent native and one foreign born; 4 per cent of British and Irish parentage; and the remainder of Scandinavian, Italian, and other racial stocks. They represent children from every part of the country. The averages for white children of native parentage agree very closely with these averages for all white children.

Table 1 shows average heights and weights of boys and girls from birth to 72 months of age, and Table 2 shows average weights of boys and girls for different heights from 20 to 47 inches.

These averages represent, so far as the original material permits, averages based upon children without defects or diseases.

TABLE 1.—Height and weight of white children from birth to 6 years of age.¹

Age.	White boys.		White girls.	
	Height (inches).	Weight (pounds). ²	Height (inches).	Weight (pounds). ²
Under 1 month.	21½	9½	20¾	8½
1 month, under 2.	22¼	10½	21¼	10½
2 months, under 3.	23¼	12¾	23¼	11¾
3 months, under 4.	24¼	14½	24	13
4 months, under 5.	25½	15¾	24¾	14½
5 months, under 6.	26¼	16½	25½	15¾
6 months, under 7.	26¾	17½	26¾	16½
7 months, under 8.	27½	18½	26¾	17½
8 months, under 9.	27¾	19	27¼	17¾
9 months, under 10.	28½	19½	27¾	18½
10 months, under 11.	28½	20½	28½	19
11 months, under 12.	29	20½	28½	19½
12 months, under 13.	29½	21¾	28¾	20
13 months, under 14.	29½	21	29½	20½
14 months, under 15.	30½	22½	29½	21
15 months, under 16.	30½	22½	30½	21¾
16 months, under 17.	31	23½	30½	21¾
17 months, under 18.	31½	23½	30½	22½
18 months, under 19.	31½	24½	31	22½
19 months, under 20.	32½	24½	31½	23½
20 months, under 21.	32½	25	31½	23½
21 months, under 22.	32½	25½	32¼	24
22 months, under 23.	33	25½	32½	24½
23 months, under 24.	33½	26½	32½	24½
24 months, under 25.	33½	26½	33½	25½
25 months, under 26.	33½	27	33½	25½
26 months, under 27.	34½	27½	33½	25½
27 months, under 28.	34½	27½	34	26½
28 months, under 29.	34½	28	34½	26½
29 months, under 30.	35	28½	31½	27½
30 months, under 31.	35½	28½	34½	27½
31 months, under 32.	35½	29½	35½	27½
32 months, under 33.	35½	29½	35½	28½
33 months, under 34.	36	29½	35½	28½
34 months, under 35.	36½	30½	35½	28½
35 months, under 36.	36½	30½	36	29½
36 months, under 37.	36½	30½	36½	29½
37 months, under 38.	36½	31	36½	29½
38 months, under 39.	37½	31½	36½	30½
39 months, under 40.	37½	31½	37	30½
40 months, under 41.	37½	32	37½	30½
41 months, under 42.	37½	32½	37½	31½
42 months, under 43.	38½	32½	37½	31½
43 months, under 44.	38½	33½	38	31½
44 months, under 45.	38½	33½	38½	32½
45 months, under 46.	38½	33½	38½	32½
46 months, under 47.	39	34	38½	32½
47 months, under 48.	39½	34½	38½	32½
48 months, under 49.	39½	34½	38½	33½
49 months, under 50.	39½	34½	39½	33½
50 months, under 51.	39½	35	39½	33½
51 months, under 52.	39½	35½	39½	34
52 months, under 53.	40	35½	39½	34½
53 months, under 54.	40½	35½	40	34½
54 months, under 55.	40½	36½	40½	35
55 months, under 56.	40½	36½	40½	35½
56 months, under 57.	40½	36½	40½	35½
57 months, under 58.	41½	37½	40½	36
58 months, under 59.	41½	37½	41	36½
59 months, under 60.	41½	37½	41½	36½
60 months, under 61.	41½	38½	41½	37
61 months, under 62.	41½	38½	41½	37
62 months, under 63.	42	38½	41½	37½
63 months, under 64.	42½	39	41½	37½
64 months, under 65.	42½	39½	42½	38
65 months, under 66.	42½	39½	42½	38½
66 months, under 67.	42½	39½	42½	38½
67 months, under 68.	43	40½	42½	39
68 months, under 69.	43½	40	42½	39½
69 months, under 70.	43½	40	43½	39½
70 months, under 71.	43½	41½	43½	40½
71 months, under 72.	43½	41½	43½	40½

¹ These figures are based upon measurements of 167,024 white boys and girls for whom no serious defects were reported. The averages as calculated have been smoothed and corrected to allow for the inclusion in the basic figures of children with adenoids, diseased or enlarged tonsils or carious teeth, and they represent, therefore, so far as the material permits, average heights and weights of children without defects.

² Weights do not include clothing.

TABLE 2.—Average weights, by height and sex; white children.¹

Height (inches). ²	White boys, average weight (pounds). ³	White girls, average weight (pounds). ³	Height (inches). ²	White boys, average weight (pounds). ³	White girls, average weight (pounds). ³
20.....	8 $\frac{1}{2}$	8 $\frac{1}{2}$	31.....	27 $\frac{1}{2}$	26 $\frac{1}{2}$
21.....	9 $\frac{1}{2}$	9 $\frac{1}{2}$	35.....	28 $\frac{3}{4}$	27 $\frac{3}{4}$
22.....	10 $\frac{1}{2}$	10 $\frac{1}{2}$	33.....	29 $\frac{1}{2}$	29 $\frac{1}{2}$
23.....	12	11 $\frac{3}{4}$	37.....	31 $\frac{1}{2}$	30 $\frac{1}{2}$
24.....	13 $\frac{1}{2}$	13 $\frac{1}{2}$	38.....	32 $\frac{1}{2}$	31 $\frac{1}{2}$
25.....	15	14 $\frac{3}{8}$	39.....	33 $\frac{1}{2}$	33
26.....	16 $\frac{3}{8}$	16 $\frac{3}{8}$	40.....	35 $\frac{1}{2}$	34 $\frac{1}{2}$
27.....	18	17 $\frac{5}{8}$	41.....	36 $\frac{1}{2}$	36
28.....	19 $\frac{3}{8}$	19	42.....	38 $\frac{3}{8}$	37 $\frac{1}{2}$
29.....	20 $\frac{5}{8}$	20 $\frac{1}{2}$	43.....	40 $\frac{1}{2}$	39 $\frac{1}{2}$
30.....	22	21 $\frac{1}{2}$	44.....	41 $\frac{3}{4}$	41
31.....	23 $\frac{1}{2}$	22 $\frac{3}{4}$	45.....	43 $\frac{1}{2}$	42 $\frac{1}{2}$
32.....	24 $\frac{1}{2}$	23 $\frac{3}{4}$	46.....	45 $\frac{3}{4}$	45
33.....	25 $\frac{1}{2}$	25	47.....	47 $\frac{1}{2}$	46 $\frac{3}{4}$

¹ These figures are based upon measurements of 167,024 white boys and girls; no average shown is based on less than 100 cases.

² Heights are classified to the nearest inch.

³ Weights do not include clothing.



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